

PRESS RELEASE: FOR IMMEDIATE RELEASE

Contact Jeanna Zelin: 602-476-7442, jeannazelin@mac.com

Finding a Perfect Meditation Teacher in Arizona

Sedona, AZ (July 2010) Recent scientific studies on meditation are all beginning to sound the same: a daily meditation practice can have a healthy impact on the functioning of the brain and body. Health care professionals are recommending meditation's benefits to their patients more often, but in most cases no prescriptions are being written nor is insurance willing to pay. Instead, people are left on their own to filter through all the choices. Finding a teacher, choosing a technique, and having the time to sort through it all can be obstacles in the search for a good fit.

For some, Sarah McLean and the Sedona Meditation Training Company have been a great fit. Personal instruction with a seasoned professional is always a good place to start for a beginner. McLean first learned to meditate when she was in college. She's been teaching meditation since 1993 and has continued to study the science, spending months in India to uncover the roots of meditation, and living and studying in a Zen Buddhist training center for two years. She was chosen as "Favorite Meditation Leader" by readers of Natural Awakenings Magazine in June of this year.

McLean created her signature Everyday Meditation program so that anyone can start a meditation practice. It's not a big financial or time commitment. In a 2½ hour workshop, participants get an overview of several forms of meditation, learn a simple yet powerful silent meditation technique, and review the benefits and experiences of meditation. The program is offered in Sedona and Phoenix privately, and semi-privately.

McLean has studied meditation for years. She worked with Deepak Chopra for eight years and was one of the founders of and served as education director for his Center for Wellbeing in Southern California. There she became one of the first teachers of the meditation technique offered at the center: Primordial Sound meditation. You'll find this course among others on the Sedona Meditation Training Company's calendar throughout the year.

From the start McLean's goal has been to demystify meditation. She teaches various forms of stress reduction techniques and secular forms of meditation to people from all walks of life. "Meditation is so simple, it is so powerful, but there is no magic involved. It's easy to do if you're on the lookout for two bad habits: trying too hard and being unkind to yourself."

In the long run, McLean wants participants to be able to have a simple meditation practice that can be easily established as part of their daily routine. "The only way to get the benefits is to do it," she comments. "What excites me now is how science is finally proving the mind/body connection. I am always thrilled when someone calls to tell me their blood pressure has dropped since they began their practice. Or how calm or more focused they are. It is truly gratifying."

A young woman who just learned this past weekend in Scottsdale exclaims, "Thank you for the wonderful workshop ... it was my first time actually experiencing something from meditating and it was so powerful. I bought your CD and even got my husband to do it with me this evening. I can't wait to include meditation as part of my daily routine!"

The next class being offered in the Sedona area is:

And in Phoenix you can join this program:

Looking for your own meditation experience? Call (928) 204-0067 or visit

www.sedonameditation.com.

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